

nurturing potential



Session: 'Responsibility'

Pre-session Preparation

PowerPoint Slides (optional) Clarity of Learning Objectives

Learning Objective

To discuss and understand the meaning of and power of 'personal responsibility' and how it applies towards leading a life of purpose, contribution, enjoyment and achievement, making the most of what life has to offer, and what you have to offer.

Two minute recap of previous sessions.

Hand out 'Responsibility' Session worksheet for personal notes

Ask children to write their name, date, and session number on the top of the sheet

Start the Session.

Questions for Pupils; Ask pupils to write answers on their worksheet & write the answers on the board.

What does 'Responsibility' mean to you?

"Choosing your ability to respond" – Discuss with participants

(Taken from Dr. Steven R. Covey's 7 Habits of Highly Effective People)

An example: someone else is always negative or miserable, maybe upset or angry. They expect you to act in the same way, or you may feel you have to. By choosing how you respond to situations and people you can choose not to be miserable – this is different to having sympathy or empathy, and mean that you are not letting things which are not really your problem affect the quality of your life.

How does responsibility apply to your life now?

How will it apply to your life in the future?

Are you responsible for your friends?

Examples of responses include:

School responsibilities – "to learn", "my behaviour", "to listen", "to get an education"

Who is responsible for your thoughts, words and actions and feelings?

The answer is they are responsible for their thoughts, words and actions.

Ownership of your thoughts, words and actions – thoughts are the sponsors of all the speech and actions we take. When our thoughts are negative, the result will be negative speech and actions. It is important to focus on developing positive thoughts, learning from, and appreciating every situation and everybody, and taking time when we have a thought, or someone gives us an instruction or asks a question, to think some more before we speak or act.

Continued>>>

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It may be useful to draw the following on the board or on a slide to visualise;

Thoughts

=

Words and Actions

=

How we feel and what we achieve

When we insert **Humility**, **Confidence**, **Silence** and **Self Esteem** we give ourselves the opportunity to think, speak and act in an appropriate manner;

Thoughts

+

(more thoughts+ confidence + humility + self esteem + silence)

=

Words and Actions

=

How we feel and what we achieve

We are responsible for our own feelings – as long as we act in a responsible way we cannot be responsible for how others feel – this is their responsibility.

Useful Values (also on worksheet):

Confidence – having the confidence to be yourself, not to follow what others may expect of you.

Humility – knowing when a response is not required, when not to act, and having positive thoughts, and learning not to take on other peoples' negativity.

Self Esteem – having trust in yourself that you will always think, act and speak in the appropriate manner, so that you only make positive contributions.

Silence – learning the power of silence allows you to maintain control and composure in any situation – take a second's silence before answering, it gives you enough time to gather your thoughts and respond in an appropriate manner.

Relaxation – Last 5 minutes

Close session thanking participants for their time and contributions.

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Name:	Date:
Session Number:	Session Name: RESPONSIBILITY

Objective: To discuss and understand the meaning of PERSONAL RESPONSIBILITY so that you can successfully handle situations in life.

What are your personally responsible for?

How will it apply to your life in the future?

Are you responsible for your friends? Explain your answer.

NOTES:

Confidence – having the confidence to be yourself, not to follow what others may expect of you if it doesn't feel right.

Humility – knowing when a response is not required, when not to act, and having positive thoughts, and learning not to take on other peoples' negativity.

Self Esteem – having trust in yourself that you will always think, act and speak in the appropriate manner, so that you only make positive contributions.

Silence – learning the power of silence allows you to maintain control and composure in any situation – take a second's silence before answering or acting, it gives you enough time to gather your thoughts and respond in an appropriate manner.

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THE QUALITY OF MY THOUGHTS



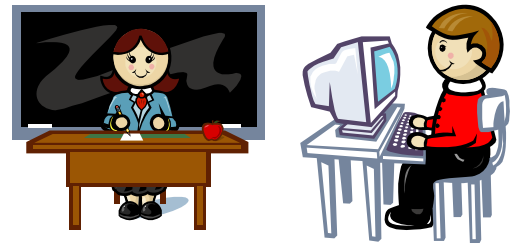
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MY WORDS (What I say, and how I say it)



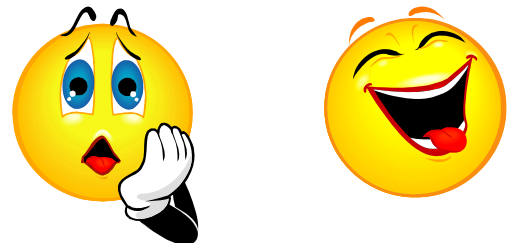
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MY ACTIONS (What I do, and how I well do it)



WHICH ALSO EQUALS

HOW I FEEL, and HOW OTHERS FEEL



AND

WHAT I ACHIEVE



ALWAYS HAVE NICE THOUGHTS ABOUT YOURSELF AND EVERYONE ELSE.
YOU ARE RESPONSIBLE FOR LEARNING AS MUCH AS YOU CAN SO THAT YOU CAN MAKE GOOD CONTRIBUTIONS TO YOUR FAMILY, FRIENDS AND SOCIETY, ENJOY LIFE AND ACHIEVE GOOD THINGS.